



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Full Report (All Nutrients) 09367, Cherries, sweet, canned, pitted, heavy syrup, drained

Report Date: June 30, 2017 00:18 EDT

Nutrient values and weights are for edible portion.

Food Group : Fruits and Fruit Juices

Carbohydrate Factor: 3.75 Fat Factor: 8.37 Protein Factor: 3.36

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 179g
Proximates					
Water	g	77.61	--	--	138.92
Energy	kcal	83	--	--	149
Energy	kJ	348	--	--	623
Protein	g	0.73	--	--	1.31
Total lipid (fat)	g	0.21	--	--	0.38
Ash	g	0.39	--	--	0.70
Carbohydrate, by difference	g	21.07	--	--	37.72
Fiber, total dietary	g	2.3	--	--	4.1
Sugars, total	g	16.18	--	--	28.96
Minerals					
Calcium, Ca	mg	10	--	--	18
Iron, Fe	mg	0.35	--	--	0.63
Magnesium, Mg	mg	9	--	--	16
Phosphorus, P	mg	20	--	--	36
Potassium, K	mg	148	--	--	265
Sodium, Na	mg	3	--	--	5
Zinc, Zn	mg	0.10	--	--	0.18
Copper, Cu	mg	0.176	--	--	0.315
Manganese, Mn	mg	0.048	--	--	0.086
Selenium, Se	µg	0.0	--	--	0.0
Vitamins					
Vitamin C, total ascorbic acid	mg	3.6	--	--	6.4

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 179g
Thiamin	mg	0.022	--	--	0.039
Riboflavin	mg	0.043	--	--	0.077
Niacin	mg	0.396	--	--	0.709
Pantothenic acid	mg	0.060	--	--	0.107
Vitamin B-6	mg	0.022	--	--	0.039
Folate, total	µg	5	--	--	9
Folic acid	µg	0	--	--	0
Folate, food	µg	5	--	--	9
Folate, DFE	µg	5	--	--	9
Choline, total	mg	2.7	--	--	4.8
Vitamin B-12	µg	0.00	--	--	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00
Vitamin A, RAE	µg	12	--	--	21
Retinol	µg	0	--	--	0
Carotene, beta	µg	142	--	--	254
Carotene, alpha	µg	0	--	--	0
Cryptoxanthin, beta	µg	0	--	--	0
Vitamin A, IU	IU	237	--	--	424
Lycopene	µg	0	--	--	0
Lutein + zeaxanthin	µg	57	--	--	102
Vitamin E (alpha-tocopherol)	mg	0.17	--	--	0.30
Vitamin E, added	mg	0.00	--	--	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0
Vitamin D	IU	0	--	--	0
Vitamin K (phylloquinone)	µg	0.9	--	--	1.6
Lipids					
Fatty acids, total saturated	g	0.041	--	--	0.073
4:0	g	0.000	--	--	0.000
6:0	g	0.000	--	--	0.000
8:0	g	0.000	--	--	0.000
10:0	g	0.000	--	--	0.000
12:0	g	0.000	--	--	0.000
14:0	g	0.001	--	--	0.002

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 179g
16:0	g	0.029	--	--	0.052
18:0	g	0.010	--	--	0.018
Fatty acids, total monounsaturated	g	0.049	--	--	0.088
16:1 undifferentiated	g	0.000	--	--	0.000
18:1 undifferentiated	g	0.049	--	--	0.088
20:1	g	0.000	--	--	0.000
22:1 undifferentiated	g	0.000	--	--	0.000
Fatty acids, total polyunsaturated	g	0.055	--	--	0.098
18:2 undifferentiated	g	0.028	--	--	0.050
18:3 undifferentiated	g	0.026	--	--	0.047
18:4	g	0.000	--	--	0.000
20:4 undifferentiated	g	0.000	--	--	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000
Fatty acids, total trans	g	0.000	--	--	0.000
Cholesterol	mg	0	--	--	0
Amino Acids					
Other					
Alcohol, ethyl	g	0.0	--	--	0.0
Caffeine	mg	0	--	--	0
Theobromine	mg	0	--	--	0